



# Prime Time News

## November 2017

Fitchburg Senior Center  
Volume VI Issue 11

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FSC Friends / Hair Care P.11

#### Caregiver Support

If you are caring for a loved one with dementia, you are not alone.

Join us on Thursday,  
November 9 at 10:00 a.m.

\*\*\*CLOSED\*\*\*

11/23 & 11/24

#### Parkinson's Support

Join us the 2nd Monday of  
each month at 2:00 p.m.

### Congratulations To Jill McHone— Professional Of The Year!

She had no idea it was coming! Jill was awarded at the Friends Meet, Greet & Eat Open House. The Professional Of The Year is voted on by her peers, and is a wonderful achievement!



### Veterans Day Recognition

Please join us for a very special program on Friday, November 10 beginning at 11:00 a.m. This year, in addition to honoring all of our veterans, we will have a presentation about the Badger Honor Flight. Steve Bartlett will share photos and talk about how this amazing program provides veterans of all wars the opportunity to see the memorials that have been erected in their honor. The morning will also feature the Fitchburg Singers and Eagle School students.

Lunch will immediately follow our program. Reservations are required for the meal and can be made by calling 270-4290 by noon on November 8.

*Lunch for all Veterans and a guest will be paid for by the Fitchburg Senior Center Friends.*

*Please indicate if you are a Veteran when making your reservation.*

### Equifax Data Breach—What You Need To Know

This is your chance to educate yourself on what you need to do to protect your identity. Trust that you will get honest and straightforward advice from the Laura Fay of the Bureau of Consumer Protection. This program is FREE and open without sign-ups. Please be prompt as we expect the room to be full. Wednesday, November 15 at 1:00 p.m.



# New Offerings For You!

P.2

## Indoor Walking—Break Away Sports!

It's time for indoor walking! We are so thankful for the opportunity to walk at the indoor soccer facility, Break Away Sports—thanks, Matt! Join us every Tuesday & Thursday from 11:00 a.m. – 12:00 p.m. 2017/2018 releases MUST be filled out before starting. Start date will be Tues., Nov. 7. See you there!! 5964 Executive Dr. Fitchburg.



## Meditation for the Holidays

For some folks, the holidays are difficult, whether from the darkening days, grief, or family tensions. Learn some tools and tips for surviving and even thriving through hard times in this brief meditation series. We'll meet Nov 17, Dec 1, and Dec 8 from 9:45-10:30 a.m. Cost \$20. Led by Becky Otte-Ford. Call 270-4290 or stop by to register and pay.

## Intermediate Spanish

Tuesdays 9:00 a.m. Starting 11/7.  
Eight Weeks. Cost \$50  
Call 270-4290.

If you would like to join, please ask Senior Center staff for the teacher's contact info to determine if it would be a good fit for you.



## Holiday Digital Pictures

Most people have taken hundreds, if not thousands, of digital pictures in their lives. But when it comes to enhancing, or otherwise editing those pictures, most folks are in the dark.

There will be an informational presentation at the Fitchburg Senior Center on Wednesday, Nov. 15 from 1:00 to 3:00 p.m. Bring your laptops and/or tablets to share with the group. We will go over as many different editing programs as we have time for, so make sure you bring your devices and favorite editing programs.

Don't worry if you don't have an editing program. By the time you leave, you will have a general knowledge of what's available and what your skill level is.

This event is being presented by Dave St. Amant of Community PC, LLC.

Please call 270-4290 to register. FREE!

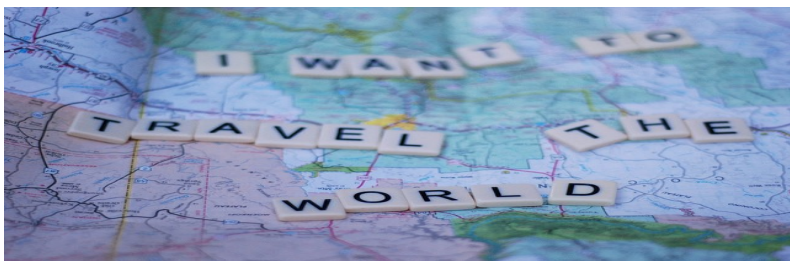


## What's It Worth?

The Fitchburg Senior Center and Fitchburg Public Library are teaming up once again to bring you What's It Worth? with Mark Moran from the Antiques Road Show! Dig around and see if you have something worth some \$\$\$.

Step two, call the library to sign up for a FREE appraisal on Sunday, November 5 at 1:30 p.m. 729-1763.

# TRAVEL!



## EXTENDED TRAVEL

It's not too early to register for your favorite 2018 tour! Guarantee your space in the tour by registering now.

The tours for 2018 include:

- ◆ Rome and the Country Roads of Tuscany- 3/13-21; \$3295 per person twin room; \$100.00 booking discount available
- ◆ Scandinavian Highlights 5/17-28; \$4495 per person, twin room \$100 booking discount available
  - ◆ Pacific Coast Journey 8/11-19; \$3,199 per person, twin room.
- ◆ Albuquerque Balloon Festival 10/12-17. \$2,325 per person, twin room
  - ◆ Historic Natchez Value Tour-Motor-coach 4/14-21. \$1,669 per person, twin room.

Brochures are available on the ground floor of the Fitchburg Senior Center.

Questions? Call Judith Broad at 608-271-9077

## DAY TRIPS 2017

**November 5:** "The Witch in 204", Memories Dinner Theatre. The play is a sequel to Barbara Pease Weber's popular play "Seniors of the Sahara". The play takes place in a charming dinner theatre setting. Lunch is included. Cost \$85. Departs Fitchburg Senior Center at 8:40 a.m. with estimated return at 7:10 p.m.

**November 15: Holiday Stocking Stuffer,** Dodge County. Stuff your stocking while riding on the bus along the way to Chippy's Popcorn, Twisted Sister, Leroy Meats of Horicon and more. Lunch at Ginger's Hideaway included. Cost \$79. Departs Fitchburg Senior Center at 7:30 a.m. with estimated return at 5:00 p.m.

**Call 800-416-2049 for reservations.**

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# More!



**Learning Annex—**  
**Will Return in January 2018!**



## ASK THE CHIROPRACTOR

Dr. Laura Konopacki is currently accepting new patients at the Fitchburg Senior Center

**Q:** Is going to the Chiropractor cost effective?

**A:** Very. Seniors who use chiropractic on a regular basis for maintenance and prevention end up spending less money on their total health care costs. One study that looked at 311 seniors found they spent only 31% as much on total healthcare costs as others their same age. So not only were these people healthier, more active and with less pain, but saving money as well. They also reported fewer visits to their doctors, less time in hospitals, and less spent on medications.

## Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2018 Medicare Part D plans runs now - December 7, 2017. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2018. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,507 per month, and your assets are below \$13,820 you may qualify for Extra Help.

For help with Medicare Part D and/or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

**Foodwise Nutrition—UW Extension**  
 Nutrition education is back! Come learn about building a healthy meal from LyTonia at 11:30 a.m. on Wednesday, November 15.

## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, Nov. 13 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper. For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com)  
 Cost: \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.





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**katz.dawgz54@gmail.com**

**www.2eyez4pawz.com**








## REACH Book Club

REACH Book Club will meet on **Thursday, November 9, 2017** with a discussion of the book, *News of the World* by Paulette Jiles. The Captain wanders from town to town, holding town halls where he reads the latest news. He can count on packed houses to hear what is going on in China or England and even in the U.S. post-Civil War. His very being circles around the news. Then he meets Johanna, a 10-year-old coming back to the white world from capture by the Kiowa. What transpires is beautiful, mystical and, magical. It defines the power of love, the power of self, the power of freedom.

**December 14:** *The Rosie Project* by Graeme Simsion

**January 11:** *The Accidental Empress* by Allison Pataki

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. We do not meet in July or August.

## Groups



### Men's Group

Join us for our next meeting on  
**Tuesday, Nov. 14 at 2:00 p.m.**

For more info log on to:  
[www.fitchburgwi.gov/823/Groups-to-Join](http://www.fitchburgwi.gov/823/Groups-to-Join)  
and click on Men's Group.



### Active Women's Group

**No Meetings in November or December 2017. See you next year!**

For more info log on to:  
[www.fitchburgwi.gov/823/Groups-to-Join](http://www.fitchburgwi.gov/823/Groups-to-Join)  
and click on Active Women's Group.

## Mystery Book Club

The *I Love a Mystery Book Club* will not meet in November or December due to the holidays. We will resume on **January 25, 2018** with a discussion of *Old World Murder: a Chloe Ellefson mystery*.

Dine Out

## Couples Dinner Group

**November 21** we will be going to Klassik Tavern-  
410 W. Verona Ave., Verona, WI.

Any couple who would like to join us should  
e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or  
call 608-467-3990.

Cocktails at 5:00 p.m., dinner at 5:30 p.m.



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## Women's Brunch

**NEW!**

**Women's Brunch at The Pancake Café (Nov. / Dec. only) on the second Monday of every month at 10:00 a.m.** Those who would like to join should e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990. We will be back at the Egg & I, starting January 2018.

## Uke Network—Workshop

Session Two: Mondays, November 6 & 13 from 1:00–2:00 p.m.

\$10 per session covers materials. Must call 270-4290 or stop by front desk to sign up. Limit five students per class. Loaner ukuleles provided for the class. Any questions please call Judy at 608-514-3274.

# Fun Zone

### Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st, 3rd & 5th Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.

### \$20 Blackout Bingo!! Nov. 9

Special Sponsor:

Fitchburg Senior Center Friends

Game begins promptly at 12:30 p.m.

Library Shuttle now available every  
Wednesday! Call 270-4290 by noon  
one day in advance to register.

**YES!!**

Movie Day—Wonder Woman!  
Friday, November 17 at 12:40 p.m.



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### Ukulele Network

The uke group strums every

Tuesday at 1:00 p.m.

Do you have a ukulele and already know some  
basic chords?

Come play with us! Call Judy at  
608-514-3274.



# Exercise Opportunities

P.7

## Zumba Gold

Thursdays: 10:00-10:45 a.m. Four weeks / \$25  
Nov. 2–30. (no class on the 23rd).

Minimum sign-up of six. Call 270-4290 or stop by to register and make payment.



## Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.

Cost is \$22 per month.

*This fee reflects a \$2 increase.*



## Build Your Core

Four weeks of exercises to help you remain active in your daily routine to improve strength and balance. Exercises will be performed standing, sitting, and on the floor. It will be necessary for you to be able to get up and down from the floor.

Wednesdays from 9:30-10:30 a.m. \$25.

Nov 1 -29. (no class Nov. 22).

Call 270-4290 to register and make payment



## Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$12 per month.



Tai Chi

## Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

## Yoga W/ Kurt—Fall Session 2

Nov. 6— Dec. 18

\$49—Seven weeks

Level I 10:45 a.m.—12:00 p.m.

Call 270-4290. Payment due upon signup.



## Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk, or you can speak with a staff person to obtain an application. All applications are kept confidential.



## Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.  
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play  
1:00-3:00 p.m. in the upper level.

Call 608.274.4350 today to schedule  
a tour and enjoy a complimentary lunch!



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# Transportation Services P.8

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

**Shuttle Service**— This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

**Footcare/Fingernail**—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.  
**Must provide 2 towels.**



**Pre and Diabetic Footcare**  
**November 17**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

**Blood Pressure**  
Offered at no charge the second and fourth Thursday of each month  
10:30 a.m.—12:00 p.m.  
No appt. needed.

**EMS BP&Glucose**  
Fourth Mon. 10:30 a.m.



**Massage Therapy**  
**June Newman**  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

**Massage/Reflexology**  
**Gregory Newman**  
LMT,NCTMB.  
Wed. Afternoons

**Massage**  
**Denny Ginko**  
Call for  
dates/times

**Cost:**  
\$30 for 30 min.  
\$50 for 60 min.  
\$70 for 90 min.  
**Cancellations must be made 24 hrs in advance to avoid being charged.**  
Call 270-4290

## Social Services

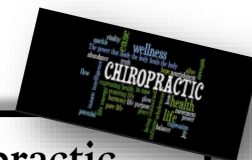
### **Senior Center Help**

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

**Chair Massage W/ Gary Kuzynski**  
1st & 3rd Wednesday mornings  
15 minutes = \$11  
30 minutes—\$22  
Call 270-4290 to register.



**Body Wave Chiropractic**  
**Laura Konopacki**  
Tuesdays 11:30—1:30 p.m.  
Call 270-4290 to register.





## Class Registration/Payment

Class: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



### Hair Care W/ Cathy

Did you know you can get your hair done at the Senior Center? Well, now you know! Cathy (our hairdresser) has two openings on December 11; 11:00 and 11:30 a.m. Call the Senior Center to book your haircut today, stay for a cup of coffee afterwards. Cost: \$15.

Call 270-4290.



### Horse-Human Connection— Unbranded

See the movie, meet one of the people involved in this wonderful adventure. Mount Horeb Public Library. 11/4 at 11:30 a.m.



On behalf of the Fitchburg Senior Center Friends, a huge Thank You is extended to all for the hard work and enthusiastic energy expended to make the Meet, Greet and Eat social a successful and fun event! The following volunteers participated:

#### Board of Directors Volunteers:

Judy Broad, Judy Bruenig, Judy Christie, Mary Co-chens, Bob Davis, Craig Davis, Roger Elver, Marcia Griskavich, John Haberle, Bob Hillner, Lee Ihlenfeldt, Kathy Sosnouski, Tom Swant, Sharon Trimborn, Rob Waterman

#### Newly Elected Board Member Volunteers:

Dan Bach and Judith Hirsch

#### Non Board Member Volunteers:

Michael Christie, Mary Lou Carberry, Jerry Kelly, Joanne Danielsen, Mavourneen Kelly, Helga Roth, Bob Rottman, Mary Ihlenfeldt, Jim Sosnouski, Jim Danielsen, Mary DeVaal, Sandy Ermis, Jane Davis, Dennis DeVaal and Lindy Bass.

#### FSC Staff Volunteers:

Jill McHone, David Hill, Mandi Miller, Amy Jordan, Sarah Folkers and Betty Otradovec.

Thank you to General Beverage Company for their contribution to the Meet, Greet and Eat event and to HyVee, Benvenuto's Italian Grill and Me & Julio restaurants for providing discounts to seniors during selected days in September. All the contributions were greatly appreciated.

Fitchburg Senior Center  
5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



Accredited by the Wisconsin  
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Jill McHone, Director  
David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
Amy Jordan, Social Worker  
Sarah Folkers, Social Worker  
Betty Otradovec, Office Asst.



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# November

# 2017



		Wednesday 1	Thursday 2	Friday 3
 <p>Senior Dining</p>  <p>Fellowship, Food &amp; Fun</p>	<p><b>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</b></p> <p><b>*Meal has pork product</b></p> <p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>	<p>Green Pepper Soup Kidney Bean Salad WW Bread Banana Frosted Cake <b>VO – Veggie Wrap</b></p>	<p>Meatballs in Gravy Oven Roasted Potatoes Green Salad Bread Fruit cup Carrot Cake <b>VO – Veg Meatballs</b></p>	<p>Roasted Turkey w/gravy Stuffing with Cranberries Green Salad Banana Pumpkin Bar <b>VO – Veggie Burger</b></p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>Baked Mostaccioli Bread Stick Spinach Diced Peaches Oatmeal Cookie <b>VO – Vegetarian</b> Baked Mostaccioli</p>	<p>Ham Slice Yams Spinach Sliced Spiced Pears WW Bead Brownie <b>VO–Cheese Sandwich</b></p>	<p>Hearty Bean Soup Green Salad WW Dinner Roll Apple Vanilla Ice Cream Cup</p>	<p>Meatballs Marinara Over WW Pasta Roasted Brussel Sprouts Diced Peaches Pineapple Upside Down Cake <b>VO – Veg Meatballs</b></p>	<p>BBQ Ribs Cheesy Potatoes Corn Dinner Roll Apple Pie <b>VO – Black Bean Burger</b></p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>Roasted Pork Loin Mashed Potatoes Baked Cabbage with Apples WW Bread Mandarin Oranges Banana Bar <b>VO – Veggie Patty</b></p>	<p>Potato Crusted Fish Packet 1/2 Baked Potato Sugar Snap Peas Pineapple Dinner Roll Confetti Cake <b>VO – Veggie Wrap</b></p>	<p>Beef Stew Green Beans Dinner Roll Apple Sauce Chocolate Cake <b>VO – Veggie Patty</b></p>	<p>Roasted Turkey Mashed Potatoes w/Gravy Green Beans W.W. Dinner Roll Pumpkin Pie <b>V.O: Veggie Burger</b></p>	<p>Hungarian Goulash Garlic/LemonBroccoli Kidney Bean Salad Diced Peaches Pound Cake <b>VO –Potato w/ Veggie &amp; Cheese</b></p>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p>Vegetable Barley Soup ½ Tuna Salad Sandwich Banana Carrot Slaw Reece's Cookie</p>	<p>Roasted Chicken Breast Sweet Potato Peas Bread Pumpkin Pie <b>VO – Veggie Meatballs</b></p>	<p>Pizza Casserole Green Salad Peaches WW Dinner Roll Brownie <b>VO – Cottage Cheese</b></p>	<p><b>Closed</b></p> 	
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday Salad Option
<p>Lemon Baked Fish Packet ½ Baked Potato Peas Apricot WW Dinner Roll Tapioca Pudding <b>VO – Hummus Wrap</b></p>	<p>Chicken Parmesan Casserole Green Salad Ranch Dressing WW Dinner Roll Cherry Cobbler <b>VO – Black Bean Burger</b></p>	<p>Sausage Gravy over a Biscuit Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll <b>VO – Veggie Egg Bake</b></p>	<p>Chicken Enchilada Casserole Black Beans Mandarin Oranges Banana Cookie <b>VO – Veg Enchilada</b></p>	<p><b>3<sup>rd</sup> -Chicken Santa Fe</b></p> <p><b>10<sup>th</sup> -Taco</b></p> <p><b>17<sup>th</sup> – Harvest</b></p> <p>(Salads are dine-in only)</p>



# November 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div><div>Oct 2017</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table></div>	M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<div><div>Dec 2017</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table></div>	M	T	W	T	F	S	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<div>1</div> <div>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers</div>	<div>2</div> <div>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead</div>	<div>3</div> <div>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble</div>
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<div>13</div> <div>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos <b>2:00 PM Parkinson's Support</b></div>	<div>14</div> <div>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 2:00 PM Men's Group</div>	<div>15</div> <div>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers</div>	<div>16</div> <div>8:30 AM Cross Stitch 8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Sheepshead</div>	<div>17</div> <div>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble Diabetic Footcare</div>																																																																																											
<div>20</div> <div>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art</div>	<div>21</div> <div>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 12:45 PM Euchre 2:00 PM Learning Annex</div>	<div>22</div> <div>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</div>	<div>23</div> <div><b>CLOSED</b></div>	<div>24</div> <div><b>CLOSED</b></div>																																																																																											
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